

Vol. 59, No. 41

Tyndall Air Force Base, Fla. *Gulf Defender*

Oct. 13, 2000

Tyndall renovates Pelican Point Golf Course

Tech. Sgt. Mona Ferrell
325th Fighter Wing
public affairs

Pelican Point Golf Course patrons will be swinging their clubs on some new turf Saturday when recent grounds renovations will be completed and ready for use.

The course refurbishment, which began Aug. 1 and cost \$60,000, consisted of renovating a putting green and the first nine greens of the course, said John Winebar, Pelican Point Golf Course manager.

"The greens we replaced were 38 years old and needed replacing badly," Winebar said. "A normal green percolation, or water rate, is 8-12 inches per hour. Before the renovation, we were only able to establish a percolation rate of less than 1 inch per hour, so we could water the course all day long and never see a nice green. Our renovations have eliminated this problem."

In addition to having a better looking course, officials also took steps to improve the turf's surface,

Winebar said. "Keeping the customer in mind, we changed the type of grass we use on the new greens," he said. "The previous green was made up of four to five different mutations of Bermuda grass. Now we're using Tif Dwarf Bermuda grass. Shorter grass equates to a faster putting surface. Previously, since our greens were so old, we had to let the grass grow longer so it wouldn't burn. With the new grass we've eliminated this problem. It's not just going to look better, it's going to play better."

Of course, laying grass is only the first step used to improve turf on a golf course. "The key to establishing a good playing surface is good grounds maintenance—we've definitely accomplished that. Our maintenance crew has gone above and beyond, in terms of fertilizing, watering and top dressing. We're actually opening these holes up a bit early because of their efforts."

It's efforts like this that are going to put Tyndall's golf course over the top, said Brig. Gen. William F.

Hodgkins, 325th Fighter Wing commander. "We want to re-establish the Tyndall course's reputation as one of the best in northwest Florida, and we've established an action plan to accomplish that," Hodgkins said. "The new greens are definitely a step in the right direction, but Tyndall golfers will also be seeing many more course and facility improvements over the coming months."

This is just the first step in the improvement process, Winebar said. "We're also hoping to continue our renovations on the back nine holes starting May 1, 2001," he said. "We're thinking in terms of what the customer wants to see in a golf course. Golfers usually like a good green to putt on—that's what we're hoping to achieve—a good looking green with a fast putting surface."

"The new greens look great and it's obvious the front nine has reaped the benefits of limited play over the last few months," Hodgkins said. "I can't wait to play the first round on the new greens."



2nd Lt. Chuck Lee

Tom Hampton, 325th Services Squadron golf course maintenance worker, fertilizes one of the front nine greens at the Pelican Point Golf Course in preparation to opening up the renovated greens. The greens are now comprised of Tif Dwarf Bermuda grass, a better grass that will allow for a faster putting surface.

AF sets aviation safety records

WASHINGTON (AFPN)—The Air Force has achieved its lowest numbers in major aviation mishaps and also saw its second-best year in on-duty ground safety in the service's 53-year history; a "tremendous accomplishment," says Maj. Gen. Tim Peppe, Air Force chief of safety.

For Fiscal 2000, the aviation mishap rate was 1.04 per 100,000 flying hours, compared to the previous best rate set in Fiscal 1991 of 1.11, according to Peppe.

"In the Air Force, we define a major aviation mishap as an accident which results in a fatality or in which an aircraft is destroyed or exceeds \$1 million in damage," he explained.

In accomplishing this year's feat, the

Air Force realized records in three major aviation safety categories: the lowest number of major aircraft mishaps, 22; the lowest number of aircraft destroyed, 14; and the lowest number of total aviation fatalities, 7, including three pilot fatalities.

"These aviation rates are pretty significant, especially when you account for the increased ops tempo, deployments and operations in austere locations such as Southwest Asia," Peppe noted. "This is a tremendous accomplishment."

Previously, the Air Force's record was 24 major aircraft mishaps in Fiscal 1998; 20 aircraft destroyed in Fiscal

●Turn to SAFETY Page 4

Tyndall plans dining out

Senior Master Sgt. Mike Myers
325th Dining Out
committee chairman

Team Tyndall will hold a Dining Out starting at 6 p.m. Nov. 18 at the Pelican Reef Enlisted Club that is open to all 325th Fighter Wing and associate units. It will be a tribute to where we have been and the boundless opportunities ahead.

The dining out is an excellent opportunity for everyone to share an evening of fellowship, esprit de corps and take part in a tradition that is deeply rooted in Air Force history.

The dining out is a formal dinner for members of Team Tyndall, spouses, and guests and is one of the most formal aspects of the Air Force social life.

Ancient Roman commanders held great feasts to recognize the accomplishments of their individuals and units. During the second century,

the Vikings adopted this format from the Romans for their own victory banquets.

In the sixth century, King Arthur's Knights of the Round Table practiced a form of ceremony more closely resembling the dining out. The British Army continued to formalize the event over time. Portions of the ceremony were brought over to the United States during colonial times, but dining outs as we now experience them did not take their present form until the 1930s with General H. "Hap" Arnold's "wingdings."

Tyndall's dining-out festivities begin at 6 p.m. with dinner following at 7 p.m. Tickets will be available through the Tyndall first sergeants. This is a formal event and all military members are required to wear either mess dress or semi-formal. Civilian guests should wear appropriate evening wear. Watch for further details in the weeks ahead.

Air Force encourages veterans to resume careers

RANDOLPH AIR FORCE BASE, Texas (AETCNS) — Veterans who are interested in returning to uniformed duty should contact the local Air Force recruiter as the Air Force hopes to attract thousands of former airmen, soldiers, sailors and marines to return to active duty in Fiscal 2001.

A program that formerly complemented typical non-prior service recruiting now allows the Air Force to immediately fill noncommissioned officer shortages in certain specialties through welcoming back people with previous military experience.

“The Air Force recognizes there is a pool of highly skilled veterans who’ve served proudly and now

miss the opportunities of military service,” said Col. Duane W. Deal, Air Force Recruiting Service commander.

“They may have spent four or more years with one of our sister services and decided to leave for the civilian work force,” Deal said. “Now they miss the teamwork, discipline and opportunities of the military and want to serve again. Instead of donning Army green or Marine khakis, they want to build on those skills with a career in the Air Force. This program allows them to do that.”

Air Force recruiters now welcome prior-service people with open arms. In previous years, recruiters were given credit for en-

listing people with no previous military experience. In the past, military prior-service members did not count against recruiters’ annual goals — although nearly 900 veterans returned during Fiscal 2000. The Fiscal 2001 goal of 34,600 new recruits includes prior-service members.

The basic criteria for enlisted members to re-enter the active force are:

- Be re-enlistment eligible at time of separation.
- Served no more than 12 years of active service.
- Separated no more than four years from the time of re-entering active duty.
- Grade of E-4 through E-6.

Reserve and Guard members are also eligible to participate with commander approval.

During the early to mid-1980s, the enlisted prior-service program brought as many as 3,000 veterans back on duty each year. Force reductions resulted in the program being used sparingly over the past decade. However, things are different today. Members of all services may begin a career in America’s Air Force without an administrative waiting period.

For more information about joining the U.S. Air Force, call the local Air Force recruiter, (850) 763-1301, the Air Force opportunities center at 800-423-8723, or visit www.airforce.com.

There's a lot on the line

Contact your American Cancer Society for valuable information on breast cancer.

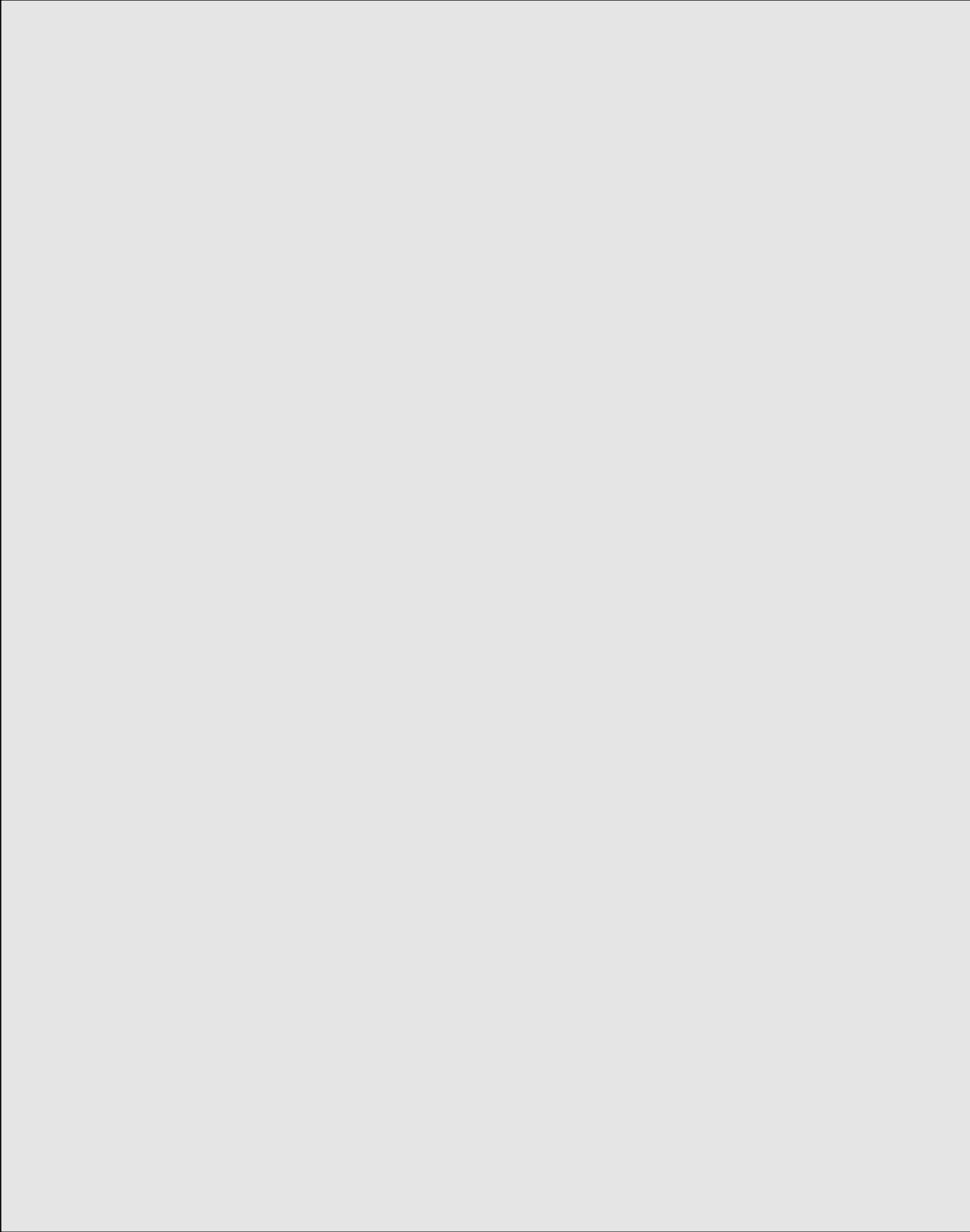
AMERICAN CANCER SOCIETY

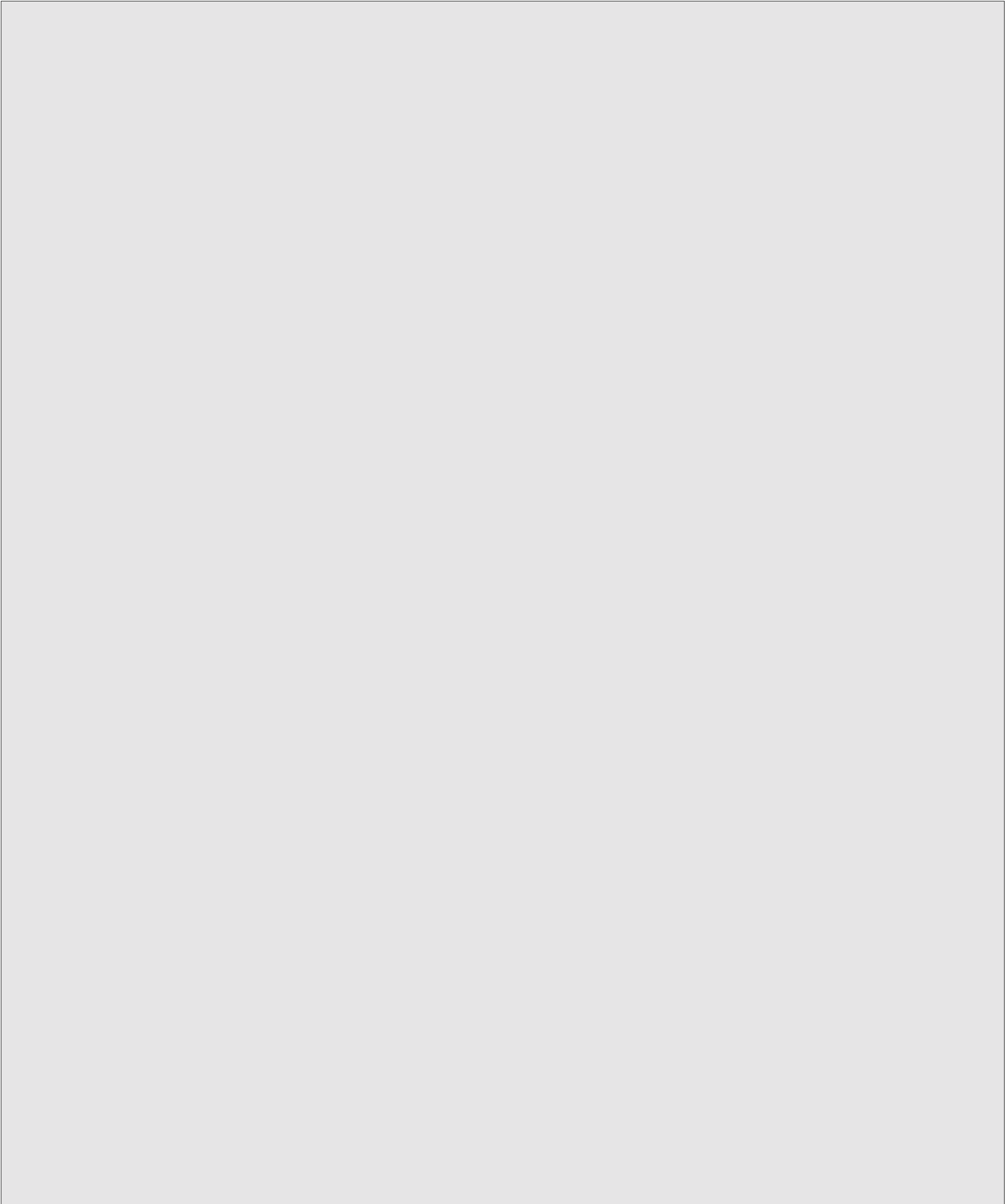
Hope. Progress. Answers.
1-800-ACS-2345
www.cancer.org

Save a friend's life.



Think before you drink.





●SAFETY from Page 1

1998, and nine total aviation fatalities in Fiscal 1999.

The general said this fiscal year’s record lows are evidence of a downward trend seen over the past few years. “We are pleased to see this continuing decline overall in our safety categories but realize that challenges remain ahead of us,” Peppe said. “It may not be realistic, but we want to see a zero in every category.”

The general said one significant decline was in the logistics category, which covers mechanical failures. “This year, the Air Force confirmed four cases of aircraft mishaps due to mechanical failures, compared to Fiscal 1999’s total of 20, a significant decline,” Peppe said. He noted the number might rise to seven, due to ongoing investigations of aircraft mishaps.

Peppe attributes the decline to continued commander involvement at all levels and increased funding in spare parts. “We are going to keep a close eye on this to see if this downward trend continues.”

Along with the aviation records comes the

service’s second best year in on-duty ground safety.

“For Fiscal 2000, we had six on-duty fatalities, which equates to a 1.02 percent rate (per 100,000 people),” Peppe said. Previously, the service’s lowest rate was three fatalities in Fiscal 1998.

“Off duty,” he said, “the Air Force lost 51 airmen, compared to a previous low record of 41 fatalities seen in Fiscal 1999.”

“The primary causes remain motor vehicle accidents, alcohol use and people who are not wearing seat belts,” Peppe said. “We are optimistic that with continued focus and commitment to make operational risk management a part of on- and off-duty life, we can do better. We feel even one fatality is one too many.”

Peppe said this fiscal year’s aviation record is a stellar effort that reflects the Air Force’s team effort. “Clearly, commander awareness and emphasis, increased funding for spare parts and a commitment to make operational risk management a part of everyone’s daily schedule all contributed to these superb aviation-safety records,” he said.

Tyndall’s chapel schedule

Protestant	Reconciliation: 4 p.m. Satur-
Communion Service: 9:30 a.m.	day
Chapel 1	Mass: 5 p.m. Saturday,
General Protestant Service: 11	Chapel 2
a.m. Chapel 2	Mass: 9:30 a.m. Sunday,
Sunday school: 9:30 a.m.	Chapel 2
Kids’ Club: 2:45-5:45 p.m.	Religious education: 10:50 a.m.
Wednesday	Sunday
Catholic	Chapel 2: 283-2925
Daily Mass: noon Monday	Other faith groups: Call 283-
through Friday, Chapel 2;	2925



Viewpoint

Gulf Defender Editorial Staff

Brig. Gen. William F. Hodgkins
325th FW commander

Capt. John Dorrian
325th FW public affairs officer

Tech. Sgt. Sean E. Cobb
editor

Tech. Sgt. Mona Ferrell
assistant editor

Teresa Nooney
News Herald staffer

2nd Lt. Angela Rogers
staff reporter

2nd Lt. Chuck Lee
staff reporter

e-mail
editor@tyndall.af.mil

The *Gulf Defender* is published by the *Panama City News Herald*, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with Tyndall Air Force Base, Fla. This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the *Gulf Defender* are not necessarily the official views of, or endorsed by, the U.S. government, Department of Defense or Department of the Air Force.

The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the DOD, the Department of the Air Force or the *Panama City News Herald* of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

Editorial content is edited, prepared and provided by the public affairs office at Tyndall. All photographs are U.S. Air Force photos unless otherwise noted.

The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129, or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the *Gulf Defender* to Tyndall base housing sections is provided by the *Panama City News Herald*.

For more information, or to advertise in the newspaper, call (850) 747-5000.

Safety stats

Category	'00	'99	Trend
On duty	1	0	+1
Off duty	7	6	+1
Traffic	3	1	+2
Sports	3	5	-2
Fatalities	1	0	+1
DUIs	13	7	+6

Commander's Corner:



Brig. Gen. William F. Hodgkins
325th Fighter Wing commander

It's just a little more than three months until our visitors from Headquarters Air Education and Training Command arrive for our opportunity to showcase Team Tyndall. Last week we put on our warrior faces, practiced our contingency plans and continued to prepare for the operational readiness inspection. We accomplished a lot, but we're not there yet.

We are constantly looking for new and innovative opportunities to prepare, and our next milestone arrives Oct. 20 – 325th Fighter Wing 'ORI Day.' We'll take a day off from flying, focus on ORI preparations and continue to hone our skills for game day. **Lt. Col. Richard McSpadden** and his capable ORI preparation team will launch the event with a schedule of mass briefings, then we'll break out to our units, roll up our sleeves and look hard at ourselves. Use the time wisely, leave no stone unturned ... it will pay off in the end. Your group, squadron commanders and ORI preparation representatives will be providing details this week on the flow of events.

October not only brings autumn and cooler weather, it also means the end of the fiscal year and close out for our "checkbook."

Hats off to the men and women of the 325th Comptroller Squadron, 325th Contracting Squadron and all the resource managers in the wing. In Fiscal 2000 we were excellent stewards of the taxpayers' money, took great care of our troops and were able to improve our quality of life at work as well. Making it happen is no easy task,



Brig. Gen. Hodgkins

just ask anyone involved in the process. Now the process begins again ... new opportunities, new challenges. Let's work hard to make Fiscal 2001 just as successful.

This weekend we celebrate the legacy of those who made our Air Force great through Retiree Appreciation Day. There will be special events, activities and opportunities for our retiree community. For specific details, refer to pages 8 and 9 of the *Gulf Defender* or the September retiree newsletter. What I want to do now is publicly thank you for your service — and your continued service in our communities on and off base, and for being the kinds of examples that the youngest airmen on Tyndall and myself are proud to follow. I encourage everyone associated with Team Tyndall to take a few minutes out of your busy schedules and tell a retiree how much you appreciate them.

Finally, I want to appeal to everyone's duty as American citizens in two areas. First, the Combined Federal Campaign is just over the halfway mark and we're doing a great job. I encourage anyone who hasn't given yet to do so... you can make a difference. Your donation may even make a difference right here at Tyndall or in Bay County.

Last, but certainly not least — vote. It's not long till the polls open, and many of you will be voting absentee ballot. Now is the time to think about this extremely important civic duty. It's a right that our fellow service members before us fought and died for and shouldn't be taken lightly. Contact your unit voting representative for details, take the time and vote. Have a great Air Force week!



Every member of Team Tyndall is valuable. Play it safe, don't become a statistic.

Action Line



Lisa Carroll

Col. Worth Carter, 325th Support Group commander, awards Harold Bostian, 325th Communications Squadron communications cable and antenna systems journeyman, the 325th SPTG Civilian of the Quarter award for the third quarter.

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

Action Line calls are recorded and staffed through the proper agency. The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first

sergeants or facility managers. If you're not satisfied with the response or you are unable to resolve the problem, call me at 283-2255.

For **fraud, waste and abuse** calls, you should talk to the office of inspections, 283-4646. Calls concerning **energy abuse** should be referred to the energy hot line, 283-3995.

Brig. Gen. William F. Hodgkins
325th Fighter Wing commander

Q: There needs to be a driving plan for the Felix Lake Shoppette area. There are near misses everyday going in and out exits or the wrong way to the pumps. Can signs be posted or a better patrol of the area be made to correct this problem?

A: One of our main concerns at Tyndall is safety. Safety extends not only to our work environment, but we must also consider the safety of our people when they are not at work. Although there are arrows painted on the pavement to direct the flow of traffic into and out of the shoppette area, the traffic engineer has determined the traffic markings are not adequately sized

to indicate where the traffic should flow. As a result, the traffic engineer will enlarge the existing markings to ensure customers are aware of the desired flow for traffic to follow. Moreover, the traffic engineer will add signs, if determined necessary, to help ensure the desired flow is easy for customers to recognize. I encourage everyone to use caution when entering and exiting the shoppette area, to follow the painted directional arrows for safety purposes, and to avoid congestion at the pumps. Everyone must keep their safety and the safety of others in mind. Thank you for bringing this problem to our attention.

Thinking about getting out? Think again!



Get the facts first. Call Chief Master Sgt. Ron Georgia, 325th Fighter Wing career assistance adviser at 283-2222 (283-Career Assistance Advice Anytime).

Professional courses for career enhancement available at Tyndall

Chief Master Sgt. Mike Burns
Air Force Civil Engineer Support Agency first sergeant

We often hear that foreign military visitors are astonished to see Air Force enlisted personnel performing duties normally reserved for officers in other countries. In fact, I've heard it so many times it makes me wonder what we have that they don't.

Part of the answer is our core values: integrity first, service before self and excellence in all we do. A more plausible reason though is that Air Force leaders, at every level, have supported enlisted professional military education.

In recent years, in-resident PME attendance has become mandatory for most enlisted members. Regrettably, the demand for education exceeds the availability of seats at our formal PME centers. It's a tribute to the creativity of our personnel, particularly on Tyndall, that they've found a way to lessen the effect of the waiting period for in-resident PME attendance.

There are at least three courses available on Tyndall that provide instruction to enlisted personnel who are either not eligible for or are waiting

to attend PME. The first term airman's course introduces first-termers to their new base and gives them a taste of traditional military life. It's a precursor to airman leadership school, and most attendees are either airman basic or airman.

The Noncommissioned Officer Enhancement Course is established for staff sergeants and technical sergeants waiting to attend the NCO Academy. It's a great opportunity to rehone leadership skills and provides open discussion with first sergeants, chiefs and senior officers.

Similarly, the Senior Noncommissioned Officer Enhancement Course gives master sergeant selectees an introduction to the challenges they'll face as a member of the top three enlisted grades. Tyndall's senior enlisted corps, along with staff agency representatives, provide practical experience and management-level briefings.

These courses were established because leaders recognize the value of a continuing education program and care enough to make it available. If you have a troop who has been out of the academic environment for more than a couple of years, consider sending them to one of these short courses. Your first sergeant has all the details.

Raptor structural testing closer to completion

WASHINGTON (AFPN) — The F-22 Raptor successfully completed another air vehicle ultimate load static test recently. This was the third of three such tests conducted in September, according to F-22 program officials.

"We have completed 16 of 19 major structural tests, which are significant elements in certifying the strength of the (airframe)," said Dave Bushroe, F-22 System Program Office strength and static test leader.

"The latest tests were designed to evaluate how well the F-22's vertical tails and rudders withstood 1.5 times the loads exerted upon them when performing critical aircraft operating maneuvers," he said.

The air vehicle tests, scheduled to run through the end of October, are the first phase of the full-scale ultimate static test program. The final three tests will focus on the aft fuselage and the wings.

Last year, the Raptor successfully underwent 19 limit load tests, which simulated the loads that could be experienced by the aircraft in its operating environment, Bushroe said.

Following the limit load tests, the F-22 began ultimate load testing — which tests the strength of the Raptor's primary components — at 1.5 times the forces and pressures experienced in actual flight. This is the conventional safety factor for aircraft design.

Full-scale static testing of the F-22 is being conducted at Lockheed Martin's Marietta, Ga., facility.

When the air vehicle cases are completed, the F-22 program will begin the full-scale ultimate static test program's second phase, which is a series of tests designed to exercise critical-detail structural components such as engine mounts, weapons-bay components and cockpit systems.

These tests will run through April.



Courtesy photo

The F-22 Raptor successfully completed the 16th load static test recently. There are three more tests left in the process to certify the strength of the Raptor's airframe.

Help Us Conserve



YOU HAVE the POWER®

Military retirees get dental plan with more ‘bite’

Gerry J. Gilmore
American Forces Press Service

WASHINGTON (AFPN)— Military retirees asked for a more comprehensive dental plan, and now they have one.

As a result of retiree feedback, the enhanced TRICARE Retiree Dental Program went into effect Oct. 1 and adds more than 100 new procedures and extends eligibility criteria, said Navy Capt. Lawrence McKinley, TRICARE senior consultant for dentistry.

The new program supersedes one started in February 1998 that augmented “space-available” retiree dental care at military hospitals and clinics.

“The basic TRDP didn’t cover all the dental needs of the retired community,” McKinley said. After listening to retirees and cataloging their needs and requests over the past 18 months, he said, Delta Dental Plan of California, the insurance administrator; the TRICARE Management Activity and

the dental service chiefs worked together to determine the best program possible while keeping the premium costs affordable.

Eligible beneficiaries include:

- Military retirees, including those over age 65.
- Reserve members entitled to retired pay, but under age 60.
- Spouses of retirees.
- Children under age 21, or full-time students under age 23.
- A nonremarried surviving spouse or eligible child of a deceased member or member who died while on active duty for more than 30 days and who is not eligible for the TRICARE Dental Program.

The enhanced dental program also offers expanded eligibility, McKinley said. Now, members can enroll a spouse or child without enrolling themselves, provided they have documented proof that they are:

- Eligible to receive dental care from the Department of Veterans Affairs.
- Enrolled in an employers’ dental

plan that isn’t available to family members.

- Unable to obtain benefits from the TRICARE Retiree Dental Plan due to a current and enduring medical or dental condition.

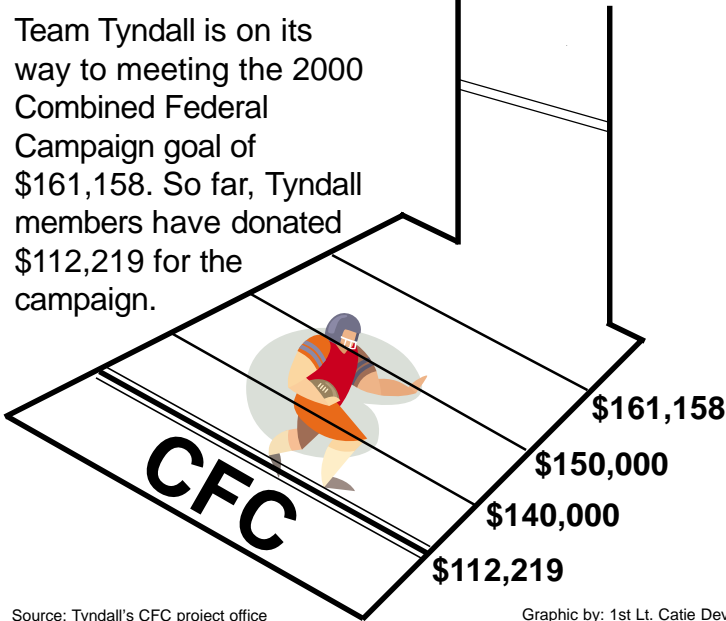
McKinley said the 114 new procedures make the enhanced TRICARE plan “a very comprehensive dental program now.”

The new services come at a price. Beneficiaries will pay about double for the enhanced coverage under the new dental plan, McKinley said. Monthly premiums, dependent upon geographic region, range from \$21 to \$34 for one person; \$40 to \$65 for two; and \$62 to \$105 for a family of three or more.

To determine eligibility for the enhanced TRICARE Retiree Dental Program, or monthly premium rates per region, call Enrollment Services toll-free at (888) 838-8737, or visit the TRICARE Retiree Dental Plan web site at: www.ddpdelta.org for more information.

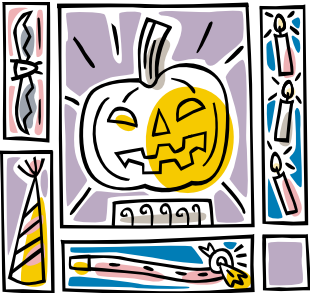
CFC midway mark

Team Tyndall is on its way to meeting the 2000 Combined Federal Campaign goal of \$161,158. So far, Tyndall members have donated \$112,219 for the campaign.



Give...

Boo!



*Halloween
on base
will be
observed
6-8 p.m. 31
Oct. this
year.*

**There's only one way
to come out ahead
of the pack.**

QUIT

 **American Heart
Association**
WE'RE FIGHTING FOR
YOUR LIFE

Retiree Appreciation Day

325th MDG supports Retiree Appreciation

Mel Schala Duckett
325th Medical Group
health care integrator

One benefit on every retiree’s mind is medical care ... how to get it and what services are offered. During Retiree Appreciation Day Saturday, the 325th Medical Group will support the day’s activities by offering numerous preventive and informational services.

“All of us at the 325th Medical Group are truly grateful for the sacrifices our retirees have made for this country,” said Col. Michael Murphy, 325th MDG commander. “The services we provide are just a small

way of saying thank you.”

Services offered

- Pap smears, prostate and eye exams will be offered by appointment only.
- Oral-cancer screenings will be conducted on a walk-in basis from 8 a.m.-noon.
- Cholesterol and glucose tests will also be conducted on a walk-in basis from 7-10 a.m. Cholesterol testing requires a 12-14 hour fasting period (water only) prior to blood being drawn.
- Pneumonia shots will be given on a walk-in basis starting at 7 a.m. Unfortunately, due to manufacturing problems, flu shots will not be offered this year.
- Hearing tests will be conducted on a

walk-in basis starting at 7:30 a.m. The physical exams clinic is not equipped to handle hearing tests on patients with hearing aids.

- PSAs (the blood test for prostate cancer) can be drawn with the cholesterol and glucose tests, but must be drawn before the prostate exam.
- A preventive back-care briefing and video will be held at 11 a.m. on a walk-in basis.
- Women’s health-care briefings will be held at 9 a.m. and 1 p.m. on a walk-in basis.
- Medication counseling and information will be available in the base exchange satellite pharmacy.

- Blood-pressure checks, body-fat measurements, nutritional and health information will be provided at the Officers’ Club from 10 a.m.-2 p.m.
- TRICARE and Choice Behavioral will have information booths available at the Officers’ Club from 10 a.m.-2 p.m.
- Information regarding stress, depression, substance abuse and anger management will be presented at the Officers’ Club from 10 a.m.-2 p.m.

Many of these services fill quickly. In order to see as many retirees as possible, people are recommended to make an appointment for services not identified as walk-ins.

AAFES offers specials to honor retirees

The following specials are being offered throughout the base for Retiree Appreciation Days.

Today
Main store

- Weber demonstration - will smoke a turkey and sausages - grill also on sale today.

Today and Saturday
Main store

- Fashion Faire - Makeovers promoting concealing creams, free samples and giveaways.

Saturday
Main store

- Estee Lauder - Gift set giveaway, demonstrations on age-defying creams.

- Elizabeth Arden - Demos promoting Ceramide Night Repairs and skin care, free samples and giveaways, in store spa.
- Loreal - Gift basket drawing (\$100 value) and coupons for Loreal items.
- Metacom - relaxing music compact disc giveaway.
- Great American Herb - \$25 shopping spree.
- Foster Grants drawing for sunglass clip ons.
- NCE drawing for a chime.
- Delta Tools demo.
- Bargain book sales and cassette giveaways while supplies last.
- Ortho insecticide demonstrations and representatives to

answer all your questions on Ortho and Strike insecticides.

- Power Zone - in-store factory representatives for Canon, Sony, Western Digital.
- Compaq and Aiwa will be available to answer questions.
- Bose Sound Systems demonstration on surround sound.
- Jesse Bowman will be here to give a fishing seminar from 10 a.m.-4 p.m.
- Fishing simulator drawing - bring the grandchildren.
- King Kooker deep fryer demonstration, will deep fry a turkey - Kookers also on sale.
- Patriot Army/Air Force Exchange Service pretzels and nuts tasting.
- Ping pong ball drawings at the registers for additional discounts.
- Hourly drawings from 10-11 a.m. and 1-7 p.m.
- Calling card giveaways - call your family on us.
- Delayed Payment Plan promotions.
- Free coffee and donuts 9-10:30 a.m.
- Cottage Lane upholstered living room furniture sale.
- Major appliances sale featuring Whirlpool and General Electric.
- Mattress sale.
- American Greetings drawing for an American Greetings golf putter.
- American Greetings - buy two ornaments and get one of equal or lesser value for free.
- American Greetings - buy two

boxes of cards and get one free.

- EZ painter demonstration.
- Hoover vacuum managers specials and a drawing.
- Drawing for a Weed Eater.
- Vitamix demonstration and sale through Sunday.
- Phantom vacuum demonstration.
- Other door prizes and excitement all day long.

Service Station

- Free safety inspections.
- Drawing for 10 gallons of gasoline.
- Manager specials.

Cove Garden and Shoal Point Shoppettes

- Manager specials.
- T-shirt and hat giveaways.

Felix Lake Shoppette

- Drawing for 10 gallons of gasoline.
- Drawing for free movie rentals.
- Manager specials.
- Giveaways.
- \$25 shopping spree gift certificate drawing.

Class VI/Shoppette

- 5 percent off entire purchase.
- Taste testing of new Apple Schnapps “Bad Apple” Friday.
- T-shirt and hat giveaways.
- Other giveaways.

Theater

- Buy one get one free admittance.

Food court

- Drawing for \$25 gift certificate.

Burger King

- \$1.99 Whopper Jr. Value



2nd Lt. Chuck Lee
Joyce Fleer, Tyndall Army/Air Force Exchange Service re-order associate, price checks pet toys in the BX. AAFES is offering several specials at various locations for Retiree Appreciation Day.

Meal for senior citizens - includes a Whopper Jr, small fry, small soft drink or small coffee.

Personal services

- Laundry and dry cleaning - 10 percent off anything.
- TCBY - .99 waffle cone.
- Barber shop - \$1 off haircuts.

- Beauty shop - free shampoo with a style cut.
- Flower shop - 20 percent off any cut arrangement and free delivery.
- General Nutrition Store - 20 percent off any item.
- Alltel - new packaged promotional activation specials.

Retirees receive priority in MPF

All military retirees will receive priority service Friday in the Military Personnel Flight customer-service section for identification cards and other customer-service related actions. Retirees may also

schedule an appointment to get an ID card or talk to the Survivor Benefit Program counselor about benefits or entitlements.

For more information, call 283-2242.



Thanks!

Take a minute to say thank you to our local retirees and veterans. A little appreciation goes a long way.



Savings:

The 325th Services Squadron is proud to recognize military retirees by offering the following activities:

Today

- The Sand Dollar Inn will be holding 10 lodging rooms for retiree use. Reservations can be made today by calling 283-4211 extension 3346 or extension 3348.
- The Tyndall Honor Guard will perform a formal retreat ceremony 4:30 p.m. at Maxwell Flag Park.
- Both the Pelican Reef Enlisted Club and the Officers' Club will offer a 25 percent discount dinner from 5:30-8:30 p.m. for members only. Discount does not include alcoholic beverages.
- The Beacon Beach Marina Club will give retirees a two-for-one entree at lunch.
- Pelican Point Golf Course will charge retirees half-price green fees for daily payers or half-price cart fees for advance green fee payers.

Today and Saturday


- The Bonita Bay Recreation

Center will charge retirees half price for all boat rentals, not including fuel. A boater-safety course, which consists of two hours plus a written examination, is required. For more information or to reserve a boat, call 283-3199.

- The Skills Development Center will allow retirees to use auto stalls, lifts and the wood shop for free during these two days. This does not include resale items or the paint booth.

Saturday

- The Berg-Liles Dining Facility will be open to retirees for breakfast from 6-8 a.m. and lunch from 11 a.m.–1 p.m.
- Retirees will receive a 25 percent discount off lunch at the community activities center snack bar.
- The Raptor Lanes Bowling Center will give retirees three free games of bowling.
- The veterinary clinic will be open 8 a.m.-noon for retirees to bring in their pets. This time is for appointments only. For more information or to make an appointment call 283-2434.



2nd Lt. Chuck Lee

Catherine Harrell, Sand Dollar Inn Visiting Officers' Quarters custodial staff member, dusts one of the lights in a billeting room, preparing it for Retiree Appreciation Day.

Agencies offer help at information fair

A Retiree Appreciation Day Information Fair will be held 10 a.m.-2 p.m. Saturday in the Tyndall Officers' Club ballroom. The agencies listed below will have a representative available to answer questions and provide assistance to retirees in attendance.

- The Retired Officer Association
- Air Force Sergeants Association
- Air Force Association
- 325th Services Squadron Marketing
- 325th Services Squadron Honor Guard
- 325th Mission Support Squadron Volunteer Program

- Social Security Office
- Bay Council on Aging
- Delta Dental Representatives
- Army/Air Force Exchange Service
- Veterans Administration (Regional)
- Veteran Service Office (Local)
- Tyndall Federal Credit Union
- Health and Wellness Center, Nutritional Medicine TRICARE, Choice
- Behavioral Science Flight
- 325th Security Forces Squadron Pass and ID

Retirees can also enjoy a lunch, consisting of barbeque sandwich, cole slaw, potato salad and iced tea for \$3.95.

Financial education workshops offered

The family support center has arranged for guest speakers to conduct workshops on financial education and estate planning. The speakers are: Rich Filippi, Edward Jones investment representative; Julie Ann Sombathy, attorney and counselor at law; and Tom Merritt, certified public accountant. The team has offered to conduct a four-hour workshop two or three times, depending on sign-up response, 7:30–11:30 a.m. and 12:30–16:30 p.m. today and 8:30 a.m.-12:30 p.m. Saturday.

Topics to be discussed are:

Investments

- Income (cash, CDs bonds, dividends)
- Growth (stocks, mutual funds)
- Tax deferral (IRAs and 401K, annuities)
- Long term health care
- Simplification and consolidation

Estate Planning

- Wills
- Asset titling
- Probate and Federal Estate taxes
- Living trusts

Taxes

- Social Security
- Pension and retirement
- Income taxes and capital gains
- Tax returns
- Tax planning

Guest speakers will be presenting information for education purposes, not to promote any particular product or service. Anyone interested in attending any of the workshops or obtaining more information, should call the family support center, 283-4204, to make reservations. The workshops will be held in the family support center classroom.

Bag up savings at the case lot sale

The Tyndall Commissary will hold a case-lot sale 8:30 a.m.-5 p.m. Saturday. Various grocery items, from paper products to canned vegetables, will be available. For more information, call the commissary, 283-4825.



Legal office offers assistance

The base legal office will offer walk-in legal assistance for retirees from 8-11a.m. today and Saturday in the family support center. Walk-in legal assistance includes powers of attorney, notary services,

dependent-care issues, consumer issues, tax assistance and generalized legal advice. The legal office will not do wills during these hours. To schedule a will appointment, call 283-4681.

Self examinations help detect breast cancer

Capt. Laura J. Palm
325th Medical Operations Squadron family practice clinic

Breast cancer is one of the more curable cancers if it is caught early and treated. The goal of screening examinations for early breast cancer detection is to find cancers before they start to cause symptoms. Early diagnosis is key to survival rate. There are several things women can do to detect breast changes early.

First off, women age 20 and over should perform a self-breast exam every month. By doing the exam regularly, they will know how their breasts normally feel and can more readily detect any unusual signs or symptoms. It is best to perform the exam at the same time every month, usually the week after your menses.

There is a technique to performing self-breast exams effectively.

The American Cancer Society has a class called “Triple Touch”, which is offered at Tyndall. The class is held monthly at the health and wellness center on the first Wednesday of every month at 11 a.m. This potentially life-saving class lasts approximately two hours — call the HAWC at 283-3826 to register.

Women between the ages of 20 and 39 should have a clinical breast examination by a health professional at least every 3 years or with the annual pap smear. This is done with their annual prevention examination for women who are assigned primary care managers at the 325th Medical Group.

A mammography is recommended for all women ages 40 and up. If a woman has a high risk for breast cancer, such a mother or sister with breast cancer, it is recommended they receive a baseline mammogram at age 35.

A mammogram is an X-ray of the breast that detects abnormalities. During mammography, the breast is compressed between two plates for a few seconds while low levels of radiation are used to take pictures. As many as 30 million American women every year have a mammogram to check for breast cancer. The 325th MDG offers an outstanding Food and Drug Administration accredited radiology department with mammography.

Self-breast examination, along with clinical breast exams and mammography, leads to early detection, which leads to increased survival rate. Applying these three measures to a woman’s lifestyle, along with the lifestyle changes, such as a low-fat diet, exercise, no smoking and no alcohol consumption, can assure women that they have taken all possible precautions against breast cancer.

Understanding the TRICARE explanation of benefits form

Form made easier to check, understand

Courtesy of the 325th Medical Group TRICARE office

Every time a TRICARE claim is filed on your behalf for medical or behavioral health services, you receive a TRICARE Explanation of Benefits form that explains how the claim was processed. It is important to review the EOB promptly to ensure that the information in the claim is correct. In addition, the EOB gives you useful information about how much was paid by TRICARE, if more is still owed, and if so, how much.

In an effort to make the EOB easier to understand, Palmetto Government Benefits Administrators, the TRICARE claims processor for the southeastern United States, has recently simplified the EOB format. The information contained in the revised EOB is described in the following explanation.

EOB Description

Information at the top of the

EOB identifies the TRICARE contractor and claims processor, the patient, the sponsor, the provider of medical care and the claim identification number.

The next section describes the services provided. Information in this section includes:

- Provider’s name.
- Date of procedure.
- Medical procedure performed.
- The amount billed for each medical procedure.
- The amount paid by TRICARE.

The last column in this section may show a code number to refer you to more information about the claim. This additional information will be displayed, along with the code number, toward the bottom of the page under “Remarks.”

The claim summary section, toward the middle of the form, provides detail about the action taken on the claim. This section shows:

- The total amount billed.
- The total amount allowed by TRICARE.
- The total amount that is not covered by TRICARE.
- The total amount that the beneficiary has paid the provider, the total amount paid by primary insurance, if applicable.
- The total benefits paid to the

provider.

- The total benefits paid to the beneficiary.
- If a check is enclosed with the EOB, the check number is also included.

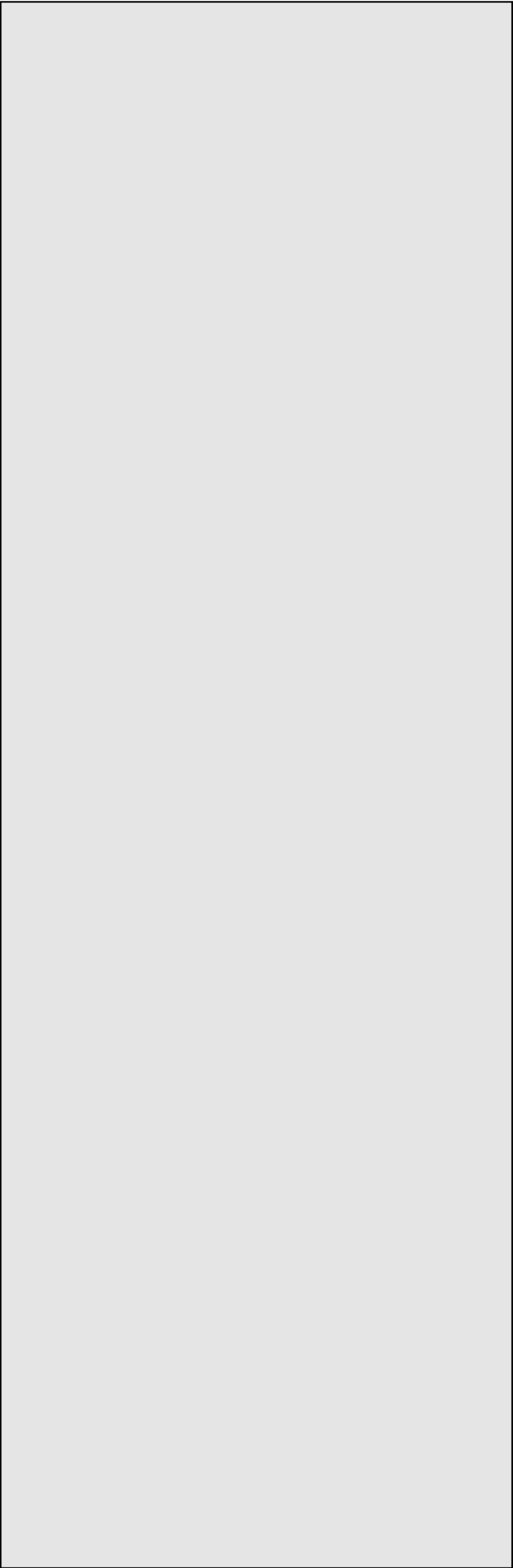
If the beneficiary is responsible for any portion of the fee, that amount is itemized in the beneficiary liability summary section. This includes any charges applied to the individual deductible and any copayment or cost share that the beneficiary is required to pay.

The benefit period summary section states how much of the patient’s deductible and catastrophic cap has been met to date during the current benefit year.

Finally, the toll-free number that you can call for more information, (800) 403-3950, is included at the bottom of the statement.

The EOB can be an essential source of information about your TRICARE claims. Make sure you stay informed about your medical care expenditures by reviewing every EOB that you receive.

For information about the status of your TRICARE claims, you may visit the PGBA web site: www.myTRICARE.com, or visit: www.humana-military.com, and access the link, “Check Your Claims.”



Annual influenza vaccinations delayed

Shots held up by production slowdown

Lt. Col. Billy Birdwell
Air Education and Training Command
public affairs

RANDOLPH AIR FORCE BASE, Texas (AETCNS) — The annual flu vaccination program for the military will be delayed four to six weeks, according to Air Education and Training Command health officials.

The inoculation program should begin in mid-November due to a slowdown in the production of the vaccine by manufacturers, according to Col. Diana Barnicott, AETC public health officer. Once AETC bases receive the vaccine, the inoculation program will proceed quickly. Each base will determine the most efficient way to administer the vaccine locally, she said.

The Department of Defense currently only has about 8 percent of the 2.8 million doses needed to cover the military community, according to Barnicott. The DOD should receive about 2.5 million doses by November. “Once the vaccine becomes available, people should get their flu shot as soon as possible” to have the best protection against the disease, said Maj. Ron Hale, AETC health promotion director.

Flu season normally runs November through March for the northern

hemisphere. Both AETC officials point out, however, that getting the flu shot provides protection, even if received after the season begins. It takes one to two weeks after the shot before it provides adequate protection from the disease.

Influenza typically results in bad headaches, fever, cough, sore throat, body aches and pains and congestion, Barnicott noted. This may cause lost work time in addition to discomfort for most healthy adults.

People at higher risk — children and people older than 65 with high-risk medical conditions — have a higher chance of developing complications from influenza including pneumonia.

Approximately 20,000 Americans die each year from complications of the flu, according to the Centers for Disease Control and Prevention web site: www.cdc.gov.

Military health officials will determine which groups get the vaccine first based on health risks and recommendations from the CDC and mission needs. Older patients and those with special health risks may not want to wait for the military supply to catch up with demand, but should consider seeking the vaccine through other community medical sources, according to Col. Geoffrey Rake, AETC medical services director.

With so many students working closely together, AETC health officials will closely monitor the nationwide spread of the flu this year. “There are preventive measures we are taking this year to reduce the spread in our trainee population,” Hale said. Trainees will receive the vaccine as it becomes

available.

Currently, available supplies are administered first to operational military personnel, health-care workers with direct patient contact, and Defense Enrollment Eligibility Reporting System enrollees, both active duty and non-active duty, who have high-risk medical conditions. To the extent possible, these groups will be immunized simultaneously, according to a DOD statement.

Next in order of priority are military trainees, groups in close contact with high-risk persons, all other military members in priority for deployment, other active-duty members and mission critical DOD civilians at facilities outside the continental United States, and all other beneficiaries, the statement said.

In the meantime, people can take simple precautions to reduce the risk of catching or spreading the flu. “Hygiene is the first line of defense,” Hale said.

People can reduce exposure to the virus by following this list of actions:

- Wash your hands often, especially after being in public and before eating.
- Avoid large crowds when possible, especially during the heavy flu season.
- Get adequate rest.
- Maintain a good, nutritious diet.
- Prevent spreading the flu by seeking medical care early, sneezing into disposable tissues, getting lots of rest and drinking liquids.

“All those things you learned in kindergarten really are important,” Hale said, but getting the flu shot, however, is still the best prevention, he added.

Influenza myths, facts

RANDOLPH AIR FORCE BASE, Texas (AETCNS) — Influenza, commonly called “the flu,” is an infection of the respiratory tract caused by the influenza virus. Compared with most other viral respiratory infections, such as the common cold, influenza infection often causes a more severe illness.

Typical influenza illness includes fever, usually 100 F to 103 F in adults and often even higher in children, and respiratory symptoms such as coughing, sore throat, runny or stuffy nose, as well as headaches, muscle aches and often extreme fatigue. Although nausea, vomiting and diarrhea can sometimes accompany influenza infection, especially in children, these symptoms are rarely the primary symptoms.

The term “stomach flu” is a misnomer sometimes used to describe gastrointestinal illnesses caused by organisms other than influenza viruses.

The Centers for Disease Control and Prevention lists several myths about the flu and the flu vaccine on its web site. Some of these are listed below.

A few myths include:

Myth: The flu vaccine causes the flu.
Truth: The licensed flu vaccine used in the United States, which is made from inactivated or killed influenza viruses, cannot cause influenza infection and does not cause influenza illness.

Myth: The flu is merely a nuisance.
Truth: The flu is a major cause of illness and death in the United States and leads on average to approximately 20,000 deaths and more than 110,000 hospitalizations each year.

Myth: The flu vaccine is not very effective.
Truth: When the vaccine viruses and circulating viruses are well matched, vaccine can be very effective. However, the flu vaccine only provides protection against influenza. People who have received flu vaccine may subsequently develop a respiratory illness that is due to another virus, but is mistaken for flu.

For more information about influenza, contact a health provider or log on to the CDC web site at: www.cdc.gov.



Your link
to what's going on

Gulf
Guide

OCTOBER

FRI 13

Embry-Riddle registration

Embry-Riddle Aeronautical University's last day of registration for the winter term is 8 a.m.-4:30 p.m. today in Room 49 of the education center. Class dates are Monday-Dec. 16. For more information, call the education center, 283-4557.

'Safe at Home'

Family advocacy's Friday Forum class "Safe at Home" is 11 a.m.-12:30 p.m. today in the health and wellness center Room 104. The forum is for adults, caregivers and community leaders and will include information on domestic violence. For more information or reservations, call family advocacy, 283-7272.

Retiree workshops

In support of Retiree Days, a retiree workshop is 7:30-11:30 a.m. today in the family support center classroom. The workshop will be repeated 12:30-4:30 p.m. today and 8:30 a.m.-12:30 p.m. Saturday. Topics will include income growth, Individual Retirement Accounts, 401K plans, annuities, long-term care, Social Security, pension and retirement income taxes, asset titling, probate and federal estate taxes and living trusts. For more information or reservations, call the family support center, 283-4204.

MON 16

'Moms, Pops & Tots'

The parent and child interaction play group, "Moms, Pops & Tots" for parents and their under-age-5 children meets 9:30-11 a.m. every Monday at the youth center. For more information, call 286-5812.

Coastal navigation class

The Coast Guard Auxiliary Flotilla 19 advanced coastal navigation class will be 6:15-9 p.m. Monday in the auxiliary classroom next to the Coast Guard station. The 12-session course will meet Mondays and Thursdays until Nov. 20. The course is designed to teach classical methods of coastal navigation applicable to small vessels. There is no charge for the instruction, but a \$35 material charge is necessary for the book, study guide and charts. For more information, call 769-1896 or 785-7596.

Anger-management workshop

The three-session anger-management workshop will continue 1-3 p.m. Monday and Oct. 23 in the family advocacy conference room. The course will include recognizing and identifying the causes of anger and developing effective anger-management strategies. For more information, call family advocacy, 283-7272.

TUE 17

Family violence conference

A family violence conference for commanders and first sergeants will be Tuesday at Hulburt Field. "The Broken Bond: People,

Pets and Family Violence" is sponsored by the Hulburt Field Family Advocacy Program and supported by the Tyndall Family Advocacy Program. For more information, call family advocacy, 283-7272.

Decorating presentation

The Tyndall Officers' Spouses Club's "take-it-with-you" decorating presentation will be 10:30 a.m. Tuesday at the Tyndall Officers' Club. The presentation will offer quick, easy and temporary decorating ideas for sprucing up the home. For more information or to register, call Terri Barthold, 286-2222.

Couples' communication class

The four-session couples' communication class will continue 3-5 p.m. Tuesday and Oct. 24 in the family advocacy conference room. The class will focus on helping couples learn better ways to communicate, solve problems and have fun together. For more information, call family advocacy, 283-7272.

WED 18

Parenthood-preparation course

The four-session parenthood-preparation course will continue 3-5 p.m. Wednesday and Oct. 25 in the family advocacy conference room. The class will cover basic infant care and development, care of a sick infant and how to cope with a crying baby. For more information or to register, call family advocacy, 283-7272.

THU 19

Kids and teens program

A 'Kids and Teens on the Move' program for all children who are moving will be 2-3 p.m. Thursday at the Tyndall Youth Center. The program will include a video about moving and a discussion session. For more information, call the family support center, 283-4204.

FRI 20

Pharmacy closure

The Tyndall pharmacy will be closed Oct. 20 for mandatory medical readiness training.

MON 23

Breast-feeding class

A breast-feeding class will be 3-5 p.m. Oct. 23 in the behavioral health conference room. For more information, call family advocacy, 283-7272.

THU 26

Pharmacy closure

The Tyndall pharmacy will close 2 p.m. Oct. 26 for commander's call. Customers are advised to plan accordingly for new and refill prescription services.

NOTES

Common-sense parenting class

A common-sense parenting class will be scheduled by family advocacy when four or more families request it. The six-week class is based on a model developed at Boys Town in Omaha, Neb. and focuses on changing behavior patterns, using consequences and

building effective parent-child communication techniques. For more information, call family advocacy, 283-7272.

Nursing-moms' program

A nursing-moms' program is available for Air Force families enrolled in the new parent support program and whose sponsor is technical sergeant and below. First and second lieutenants can also be assisted through this program. Air Force Aid can help with the rental or purchase of a breast pump. Vouchers are given after the birth of a baby. For more information, call family advocacy nurse, Rosemary Cunningham, 283-7272.

Volunteer speakers needed

The Tyndall Speakers' Bureau is in need of volunteers. Military and civilians of all ranks and grades are encouraged to volunteer to help tell local schools and civic organizations about the Air Force and its mission. For more information or to volunteer, call 283-8572.

Mentors needed

Mentors are needed at Patterson Elementary School in Panama City. Hours and days are flexible. For more information, call Staff Sgt. James Vann, 283-3173.

RETIREE NEWS

ID cards

The Tyndall Military Personnel Flight customer service office has announced a recent change in the issuance of identification cards. Old-style ID cards without an electronic bar code on the back will no longer be issued. Anyone with an old-style card is encouraged to go to the MPF customer service and have it replaced. ID cards are replaced on a walk-in basis, but due to occasional DEERS system down periods, customers are encouraged to call ahead. Items that might be needed in order to obtain a new ID card are:

Marriages: Bring spouse's Social Security card and certified copy or original marriage certificate; children's SS card, certified copies or original birth certificates; parents' SS cards, certified copy or original birth certificates and dependency determination from the finance office.

Divorces: Bring spouse's ID card and certified copy or original marriage certificate. Children's ID cards must be replaced if children do not live in the household with the sponsor.

A policy change made Feb. 29 states that ID cards will not be automatically issued under previous dependency determinations. Sponsors need to be aware that dependency determinations will be required each time legal custody wards, incapacitated children over age 21 and parents or parents-in-law need new ID cards. Temporary ID cards also cannot be issued while the sponsor is renewing dependency determinations through finance.

Sponsors should report to the finance office and submit their dependency determination request at least three months prior to their dependents' ID card expiration date to avoid any problems. For information about dependency determinations, call the finance office, 283-4117. For more information about ID cards, call the MPF customer service office, 283-2276.

YARD SALES

The following yard sales are scheduled for Saturday: 2744-B Eagle Drive, 2908-B Beacon Beach Rd. and 2762-B Thunder Chief Drive. All yard sales are held between 8 a.m.-4 p.m.

BASE THEATER

Today: "What Lies Beneath" (PG-13, violence, sensuality and brief language, 130 min.)

Saturday: "What Lies Beneath"

Sunday: "The Art of War" (R, strong violence, language, some sensuality, brief drug content, 117 min.)

Thursday: "Gone in 60 Seconds" (PG-13, violence, sexuality, language, 119 min.)

Spotlight



2nd Lt. Angela Rogers

Airman 1st Class Rhonda L. Howansky

Squadron: 2nd Fighter Squadron

Job title: Information manager

Years at Tyndall: One

Hometown: Odd, W. Va.

Why did you join the Air Force: To try something different and get experience.

Most exciting facet of your job: Helping people with a smile on my face.

Short-term goals: Finish my upgrade training.

Long-term goals: Have a long, happy marriage.

Favorite book: “The Witch of Blackbird Pond”

Favorite movie: “Everafter”

Hobbies and off-duty activities: Swimming, watching movies and collecting pug dog memorabilia.

Base readies for ORI preparation day

Lt. Col. Richard McSpadden
ORI preparation office chief

The empty skies and quiet sounds around Tyndall Oct. 20 will conceal the intensity of activity going on throughout the 325th Fighter Wing.

Brig. Gen. William F. Hodgkins, 325th FW commander, has declared the day an Operational Readiness Inspection Day.

Throughout the wing, we are shutting down our operations to focus on ORI preparation. No flying, no tactical controlling, no student training, no maintenance work, very limited medical appointments and service, and limited service inside the military personnel flight. From a mission stand point, this will be an expensive day for the wing. Therefore, we must establish plans and schedules to get the most out of this important day.

The purpose of the ORI Day is to give us time to pause from our usual work and focus on ORI specific issues. Most of the issues we will work on are those that have

been identified through our preparation efforts up to this point. As a team, we’ve spent the last two months identifying our strengths and weaknesses. Currently, individual squadrons and units are running drills, academics, exercises and assistance visits to help them improve in specific areas that they’ve identified. The ORI Day adds to this “strengthening effort” by giving units some “protected” time to focus on the ORI.

The wing will begin the day with a wing commander’s call 8 a.m. Oct. 20 in Hangar 4. Hodgkins will open the day with some remarks, then we will have speakers from the ORI Prep Office; the 325th Security Forces Squadron; the 325th Communications Squadron and the battle staff director.

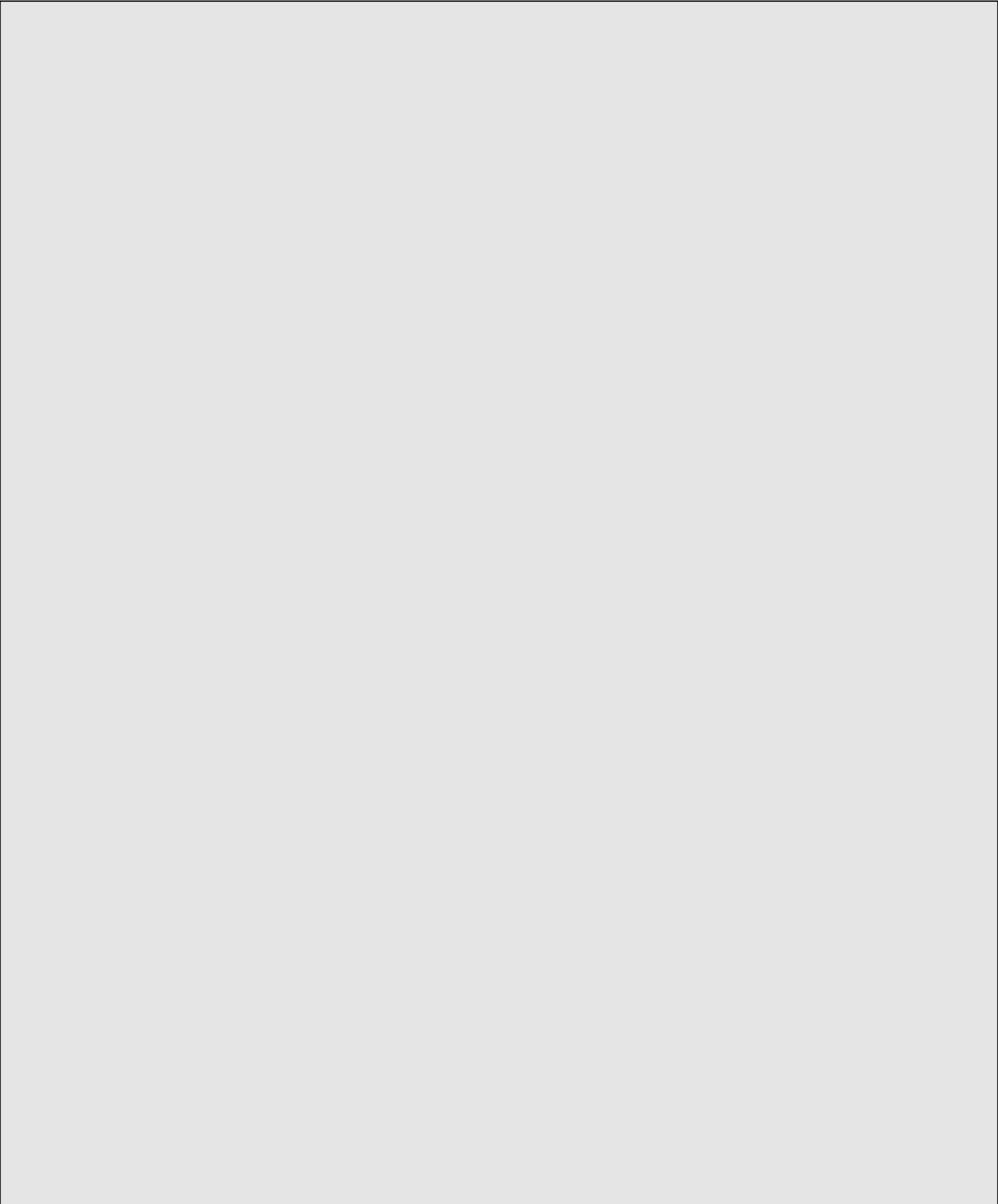
Parking near Hangar 4 is limited, so personnel on the flightline side of base are asked to walk to Hangar 4; personnel on the support side of base should use the shuttle bus system. A bus schedule will be published through your unit ORI Preparation points of contact early next week.

After the commander’s call, we will split up into group-level meetings, followed by squadron and agency meetings. The afternoon will be devoted to unit and work center specific drills, exercises and academics. Then the day will close with an officer’s call at the officer’s club and an enlisted call in Hangar 4, both at 4 p.m.

This is an important day for the wing. We must all take a break from our fast-paced operation and concentrate on improving our position for the ORI. When the Air Education and Training Command Inspector General team arrives Jan. 21, their 70-person team will spend a week to answer three questions:

- How well do we do our primary jobs?
- How well can we respond to a crisis?
- Are we proud of who we are and what we do?

Oct. 20 we will take an expensive day to focus on our answers to these three questions... let’s make this day effective and continue our march to the first “Outstanding” in AETC in over four years.



Tyndall classifieds

- 1997 Harley Davidson Sportster, 883, laced wheels, forward controls, drag bars. Runs great, lots of extras, \$6,700 firm. Call 763-8354.
- 1987 Mustang 5.0 convertible. Excellent condition, new

- tires, top, struts, \$4,600. Call 522-8732.
- 1984 Ford Econoline van with hydraulic wheelchair lift. Runs good with Tuffcare electric wheelchair, \$4,500 OBO. Call 722-9530.



Place an ad, make a deal



Bowl a few frames at *Raptor Lanes*



Hours of operation

Monday-Wednesday: 10 a.m.-10 p.m.

Thursday: 9 a.m.-midnight

Friday: 10 a.m.-2 a.m.

Saturday: 9 a.m.-2 a.m.

Sunday: 1-8 p.m.



Gulf Defender offers classified ad section

For: All Tyndall active-duty military members, dependents, Department of Defense civilians, contract personnel and retirees may make submissions.

Other guidelines:

Classified request forms must be picked up in person at the Tyndall Public Affairs office, Building 662, Suite 129. Specific policy guidelines are stated below.

- Only personal items less than \$20,000 and pet sales under \$50 will be placed in this section.
- Each submission will run for one week. People wishing to have their item run more than one week must resubmit a request form each week.
- Twenty (20) word limit.
- Only one advertisement per person, per week may be submitted.
- All advertisements are on a first-come, first-serve, space-available basis.
- There is no guarantee of publication.

- Deadline is 4 p.m. Thursday the week prior to publication.
- Forms may be either faxed or dropped off in person to the Tyndall Public Affairs office, Building 662, Suite 129.
- No real estate or rental advertisements will be accepted.
- No businesses, services or events will be accepted. Example: childcare, house cleaning, yard service, handyman.
- The public affairs office is not responsible for sales or claims made by sellers regarding property condition or value.
- All requests for publication must have a contact name and home telephone number.
- The public affairs officer reserves the right to review and edit or refuse any advertisement.
- Personal or relationship-seeking advertisements will not be accepted.
- For more information about the Gulf Defender's classified advertisements, call Tech. Sgt. Sean E. Cobb, 283-2973.



EOD Half Marathon

An EOD Half Marathon, sponsored by the EOD Memorial Scholarship Fund, will be 7:30 a.m. Oct 21 at the Eglin gym. There will be prizes for the top three finishers in each division.

Cost: \$25

Package pickup: 4-6 p.m. Oct. 20 at the Eglin gym. Packages may also be picked up the day of the race.

Registration: can be mailed or hand delivered. For more information and registration forms, call (850) 882-1689 or (850) 651-8400.

Join the fun; it will be a *blast*.

Sports and Fitness

Reducing cholesterol makes good sense; eat smart, read food labels

Capt. Carma J. Pauli
325th Medical Support Squadron
nutritional medicine

We all know that having a high cholesterol level is not a good thing, but what can you do to lower your numbers? Since your liver can make all the cholesterol that your body needs, it makes sense to lower the amount you put into your body.

- Reducing cholesterol**
- Substitute egg whites for half the eggs in a recipe or use egg substitutes.
 - Eat low-fat or nonfat dairy products.
 - Substitute other protein sources, such as beans, lentils and split peas, for some meat dishes.
 - Eat meats and poultry sparingly.
 - Reduce the saturated fat in your diet.

Saturated fats cause the body to make more of the harmful cholesterol: low-density lipoproteins, or LDL. Saturated fats include those in butter, dairy products, lard, firm margarines and any animal fat. Other saturated fats include palm oil, palm kernel oil and coconut oil found in many baked goods.

- When cooking, replace butter and lard with olive oil, canola oil or other oils that are liquid at room temperature.
- Use soft tub margarines or squeeze-bottle margarines in place of stick mar-

- garines and butter.
- Substitute unsweetened cocoa powder for unsweetened chocolate squares in baking (three tablespoons cocoa for each square).
- Reducing saturated fat**
- In addition to restricting cholesterol and saturated fat, you can lower your blood cholesterol by reducing the total amount of fat you eat from all sources. Here are a few simple ways to cut back on fat.
- Trim visible fat from meats and skin from poultry.
 - Broil, steam or poach foods to avoid having to add extra fat when cooking.
 - Choose leaner cuts of meat (“select” rather than “prime” beef).
 - Use nonstick sprays in place of butter or oil in baking pans.
 - Use smaller amounts of meat than recipes call for.
- Adding soluble fiber**
- Some evidence indicates that soluble fiber, such as that in oatmeal, beans, many vegetables and certain fruits, can help lower LDL cholesterol in the blood. This fiber aids in maintaining weight control and regular bowel function, and can reduce your risk of colon cancer and heart disease. Add fiber gradually to your diet and always include plenty of fluids.
- Shopping smart and reading labels**
- When you shop, read the nutrition

labels and choose foods that are low in cholesterol and saturated fat and high in fiber.


- Try to buy foods that have no more than 10 percent of their calories from saturated fat. To determine the number of saturated fat calories, multiply the grams of saturated fat by 9. To determine the percentage of saturated fat calories, divide the calories from saturated fat by the total calories and multiply by 100.

- Test your knowledge**
- Q:** Which of these foods have acceptable amounts of saturated fat? Which has the lowest percentage of saturated fat?
- canned chili with 340 calories and 7 grams of saturated fat.
 - mushroom spaghetti sauce with 140 calories and 1.5 grams of saturated fat.
 - low-fat raspberry yogurt with 250 calories and 2.5 grams of saturated fat.
- A:** Spaghetti sauce with 13.5 calories from saturated fat and yogurt with 22.5 saturated fat calories both have acceptable amounts of fat. Yogurt has the lowest percentage ($22.5 \div 250 \times 100 = 9$ percent). The chili, with 63 calories from saturated fat, has an unacceptable amount of fat.
- The Health and Wellness Center offers monthly cooking demonstrations. For more information, call 283-3826.

Intramural flag football standings

Large squadron			
Team	Wins		GB
95 FS 1	6		—
TRS	5		.5
OSS	4		1
CES	2		2.5
1 FS	2		3
SEADS	2		3.5
MSS	1		4
COMM	1		4
325 MDG	1		4.5
95 FS 2	0		4.5
2 FS	0		5.5

Small squadron			
Team	Wins	Losses	GB
83 FWS	6	0	—
SFS	4	1	1.5
CONS	3	2	2.5
MXS	3	3	3
Army	1	5	5
82 ATRS	0	6	6

Lunch buffet at the enlisted club		<i>Monday</i>	<i>Chef’s choice</i>
		<i>Tuesday</i>	<i>Oriental</i>
		<i>Wednesday</i>	<i>Italian</i>
		<i>Thursday</i>	<i>Country food</i>
		<i>Friday</i>	<i>Seafood</i>

